

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:00-6:45 CS◆ Studio Cycling <i>Chayanne Joel</i>	6:30-7:30 YS Hot Vinyasa Yoga <i>Kajuan Douglas</i>	9:30-10:30 YS Hot Vinyasa Yoga <i>Damien Alexander</i>						12:00-1:00 YS◆ Hot Athletic Yoga (L2) <i>Eli Walker</i>	6:30-7:15 CS◆ Studio Cycling <i>Monika Janeczek</i>	6:45-7:30 MS Stacked! <i>Angela Leigh</i>	6:45-7:30 MS Studio Cycling <i>Monika Janeczek</i>	7:00-7:45 CS◆ Studio Cycling <i>Erica Villaiba</i>	7:00-7:45 CS◆ Studio Cycling <i>Erica Villaiba</i>
6:45-7:35 TR◆ Precision Running® <i>Robbie Darby</i>	7:00-7:45 CS◆ Studio Cycling <i>Julie Zukof</i>	11:00-12:00 YS◆ Hot Vinyasa Yoga <i>Damien Alexander</i>						12:30-1:15 CS◆ Red, Ride and Blue <i>Victoria Brumfield</i>	6:45-7:30 MS Tabata <i>Lauren Colenso-Semple</i>	7:00-8:00 YS Heated Pilates <i>Khaleah London</i>	6:45-7:35 TR◆ Precision Running® <i>Loi Jordan</i>	7:00-8:00 YS Heated Pilates <i>Khaleah London</i>	7:35-8:20 MS Stacked! <i>Angela Leigh</i>
7:15-8:00 MS Tabata <i>Angie Lee</i>	7:15-8:00 MS Whipped! <i>Gerren Liles</i>								6:45-7:35 TR◆ Precision Running® <i>Loi Jordan</i>	7:35-8:20 MS Stacked! <i>Angela Leigh</i>	7:15-8:15 YS Vinyasa Yoga <i>Jena Maenius (SUB)</i>	7:35-8:20 MS Stacked! <i>Angela Leigh</i>	8:30-9:00 MS◆ Firestarter <i>Khaleah London</i>
7:15-8:15 YS Vinyasa Yoga <i>Lisa Anzelmo</i>	7:45-8:45 YS Hot Athletic Yoga (L2) <i>Dee Holliday</i>								7:15-8:15 YS Vinyasa Yoga <i>Jena Maenius (SUB)</i>	8:30-9:00 MS◆ Firestarter <i>Khaleah London</i>	7:35-8:20 MS Stacked! <i>Angela Leigh</i>	8:30-9:00 MS◆ Firestarter <i>Khaleah London</i>	8:30-9:20 TR◆ Precision Running® <i>Miriam Shestack</i>
7:45-8:35 TR◆ Precision Running® <i>Robbie Darby</i>	8:30-9:20 TR◆ Precision Running® <i>Arthur Tang</i>								7:35-8:20 MS Tabata <i>Lauren Colenso-Semple</i>	8:30-9:20 TR◆ Precision Running® <i>Miriam Shestack</i>	7:35-8:20 MS Stacked! <i>Angela Leigh</i>	8:30-9:00 MS◆ Firestarter <i>Khaleah London</i>	8:30-9:20 TR◆ Precision Running® <i>Miriam Shestack</i>
8:15-9:00 CS◆ Studio Cycling <i>Shane Blouin</i>	12:15-1:00 MS METCON3 <i>Luis Weber</i>								7:45-8:35 TR◆ Precision Running® <i>Loi Jordan</i>	12:00-12:50 TR◆ Precision Running® <i>Robbie Darby</i>	8:15-9:00 CS◆ Studio Cycling <i>Melissa Morin</i>	12:00-12:50 TR◆ Precision Running® <i>Robbie Darby</i>	12:00-12:50 TR◆ Precision Running® <i>Robbie Darby</i>
12:00-1:00 YS Hot Vinyasa Yoga <i>Nikki Baksh</i>	12:30-1:15 CS◆ Studio Cycling <i>Sabrina Cohen</i>								8:15-9:00 CS◆ Studio Cycling <i>Melissa Morin</i>	12:00-1:00 YS Hot Vinyasa Yoga <i>Kajuan Douglas</i>	12:15-1:00 MS Boot Camp <i>Gerren Liles</i>	12:00-1:00 YS Hot Vinyasa Yoga <i>Kajuan Douglas</i>	12:15-1:00 MS Boot Camp <i>Gerren Liles</i>
12:15-1:00 MS Stacked! <i>Matt Ortel</i>	1:00-1:50 TR◆ Precision Running® <i>KT Goldthorpe</i>								12:15-1:00 MS Whipped! <i>Gregg Cook</i>	12:30-1:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	12:15-1:00 MS Boot Camp <i>Gerren Liles</i>	12:30-1:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	12:30-1:15 CS◆ Cyclesanity® <i>Jillian Wright</i>
12:30-1:15 CS◆ Studio Cycling <i>Sabrina Cohen</i>	1:00-2:00 YS Vinyasa Yoga <i>Victoria Slagter</i>								1:15-2:00 CS◆ TERRAcycle! <i>Gregg Cook</i>	1:00-1:50 TR◆ Precision Running® <i>Robbie Darby</i>	1:15-2:00 MS EQX Barre Burn <i>Cindy Davis</i>	1:00-1:50 TR◆ Precision Running® <i>Robbie Darby</i>	1:00-1:50 TR◆ Precision Running® <i>Robbie Darby</i>
1:15-2:00 MS EQX Barre Burn <i>Joan Ferraro</i>	4:00-5:00 YS Vinyasa Yoga <i>Patricia Pinto</i>								1:15-2:00 MS EQX Barre Burn <i>Cindy Davis</i>	1:05-1:50 MS Best Butt Ever <i>Tracy Gordon</i>	1:15-2:00 MS EQX Barre Burn <i>Cindy Davis</i>	1:05-1:50 MS Best Butt Ever <i>Tracy Gordon</i>	1:05-1:50 MS Best Butt Ever <i>Tracy Gordon</i>
1:15-2:00 YS Heated Pilates <i>Jewel Elizabeth</i>	5:30-6:15 YS Pilates <i>Erin Ginn</i>								1:15-2:15 YS Restorative Flow Yoga <i>Jamie Lyn Skolnick</i>	1:15-2:15 YS◆ Hot Athletic Yoga (L2) <i>Serena Tom</i>	1:15-2:00 MS EQX Barre Burn <i>Cindy Davis</i>	1:15-2:00 MS EQX Barre Burn <i>Cindy Davis</i>	1:15-2:15 YS◆ Hot Athletic Yoga (L2) <i>Serena Tom</i>
3:00-4:00 YS Hot Power Yoga <i>Lindsay Carson</i>	5:45-6:30 CS◆ Studio Cycling <i>Shane Blouin</i>								4:15-5:15 YS Vinyasa Yoga <i>Shanda Woods</i>	4:00-5:00 YS Hot Vinyasa Yoga <i>Jena Maenius</i>	1:15-2:15 YS◆ Hot Athletic Yoga (L2) <i>Serena Tom</i>	1:15-2:15 YS◆ Hot Athletic Yoga (L2) <i>Serena Tom</i>	4:00-5:00 YS Hot Vinyasa Yoga <i>Jena Maenius</i>
4:15-5:15 YS Hot Power Yoga <i>Kristina Erikson</i>	6:30-7:30 YS Slow Flow Yoga <i>Jessica Willis</i>								5:30-6:15 CS◆ Studio Cycling <i>Julie Zukof</i>	5:30-6:15 CS◆ Studio Cycling <i>Flaminia Fanale</i>	4:15-5:15 YS Vinyasa Yoga <i>Shanda Woods</i>	4:00-5:00 YS Hot Vinyasa Yoga <i>Jena Maenius</i>	5:30-6:15 CS◆ Studio Cycling <i>Flaminia Fanale</i>
5:30-6:15 MS METCON3 <i>Lulu Faria</i>									5:30-6:15 MS Tabata <i>Mario Godiva</i>	5:30-6:20 MS Titan Method Phantom <i>Omar Sandoval</i>	5:30-6:15 MS METCON3 <i>Lulu Faria</i>	5:30-6:20 MS Titan Method Phantom <i>Omar Sandoval</i>	5:30-6:20 MS Titan Method Phantom <i>Omar Sandoval</i>
6:00-6:45 CS◆ Studio Cycling <i>David Donofrio</i>									5:45-6:30 YS Pilates <i>Erin Ginn</i>	5:45-6:45 YS◆ Hot Vinyasa Yoga <i>Jena Maenius</i>	6:00-7:00 YS◆ Hot Vinyasa Yoga <i>Lisa Anzelmo</i>	5:45-6:45 YS◆ Hot Vinyasa Yoga <i>Jena Maenius</i>	5:45-6:45 YS◆ Hot Vinyasa Yoga <i>Jena Maenius</i>
6:00-7:00 YS◆ Hot Vinyasa Yoga <i>Lisa Anzelmo</i>									6:30-7:15 MS◆ EQX Barre Burn <i>Lynze Schiller</i>	6:30-7:20 MS◆ Titan Method <i>Omar Sandoval</i>	6:30-7:15 MS EQX Barre Burn <i>Lynze Schiller</i>	6:30-7:20 MS◆ Titan Method <i>Omar Sandoval</i>	6:30-7:20 MS◆ Titan Method <i>Omar Sandoval</i>
6:30-7:15 MS Powerstrike! <i>Lynze Schiller</i>									6:45-7:30 CS◆ WERK AND RIDE™ <i>Mario Godiva</i>	6:45-7:30 CS◆ Studio Cycling <i>CJ Lee</i>	7:20-8:05 MS EQX Barre Burn <i>Genieve Gordon</i>	6:45-7:30 CS◆ Studio Cycling <i>CJ Lee</i>	6:45-7:30 CS◆ Studio Cycling <i>CJ Lee</i>
7:20-8:05 MS EQX Barre Burn <i>Genieve Gordon</i>									6:45-7:45 YS◆ Vinyasa Yoga <i>Jill Green</i>	7:15-8:15 YS Hot Vinyasa Yoga <i>Eli Walker</i>	7:30-8:30 MS Hot Vinyasa Yoga <i>Erin Barry</i>	7:15-8:15 YS Hot Vinyasa Yoga <i>Eli Walker</i>	7:15-8:15 YS Hot Vinyasa Yoga <i>Eli Walker</i>
7:30-8:30 YS Hot Vinyasa Yoga <i>Erin Barry</i>									7:30-8:15 MS Boot Camp <i>Will Jackson</i>	7:30-8:20 MS Powerstrike! <i>Omar Sandoval</i>		7:30-8:20 MS Powerstrike! <i>Omar Sandoval</i>	7:30-8:20 MS Powerstrike! <i>Omar Sandoval</i>
									8:00-9:00 YS Vinyasa Yoga (L3) <i>Kristina Erikson</i>				

BRYANT PARK

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MEMORIAL DAY HOLIDAY HOURS

MAY 27: 09:00 AM - 02:00 PM
MAY 28 - CLOSED
MAY 29: 08:00 AM - 02:00 PM

GROUP FITNESS MANAGER

DOMINIC MANFREDI
dominic.manfredi@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

CS	Cycling Studio
TR	Treadmill Area
MS	Main Studio
YS	Yoga Studio

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

CYCLESANITY® A high-energy ride, created by Jillian Wright, designed to inspire and motivate. She brings her cycling principles of tempo drills, intervals, threshold efforts, anaerobic attacks, time trials, sprints and hills and the end result is euphoria!

RED, RIDE AND BLUE A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

TERRACYCLE! Gregg Cook's cycling class is terrain based allowing you to transfer the studio experience to the outdoors. Perfect for the cyclist or tri-athlete.

WERK AND RIDE™ Created by Mario Godiva, WERK & RIDE™ is a high energy, heart pounding, & leg burning cycling experience. Musically driven & fast paced, you'll climb, sweat, & WERK your fitness level higher to intoxicating top 40 dance remixes leaving you exhilarated, challenged, & transfigured.

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

HOT ATHLETIC YOGA A heated yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

HOT POWER YOGA Expect a sweat! This class intensifies the workout of your power yoga class by performing familiar power yoga strengthening and stretching combinations in a heated room.

HOT VINYASA YOGA A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Class is set in a heated room.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

RESTORATIVE FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

ATHLETIC TRAINING

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

TITAN METHOD Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined. The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

TITAN METHOD PHANTOM Developed by Omar Sandoval, The Titan Method Phantom incorporates the TM training philosophy of five-minute training rounds, but is done completely with bodyweight. Titan Method Phantom drills are guaranteed to develop your muscular strength, endurance and cardio fitness!

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

BARRE

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

CONDITIONING

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

PILATES

HEATED PILATES An intense Pilates experience incorporating the classical mat series designed by Joseph Pilates. Class links breath, flexibility, toning, and core strength in a heated environment.

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

BOXING & MARTIAL ARTS

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements to energizing music.